the Call State of the Call Sta

Digital special

TV Jason points out the best festive gadgets



Impact Equation

What it is and why you might need to know P4



FASHION FOCIS

Bargains on offer at Wharf's Most
Wanted event P52



DOWN TO

Who won what at the Docklands Business Club awards night P57

NOT SEFUL

Critics say proposed river crossing is *so* 19th century

Rob.Virtue @wharf.co.uk

ast London: home to
Canary Wharf and
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So it has left politicians and businesses

So it has left politicians and businesses perplexed that Transport for London's solution to a lack of river crossings is to relocate the Woolwich Ferry two miles downstream and bring in a toll. It's a far cry from the Thames

It's a far cry from the Thames Gateway Bridge proposals scrapped by Mayor Boris Johnson in 2008 and has drawn criticism.

Greenwich MP Nick Raynsford, pictured, called it "19th century technology when we need a 21st century solution".

Continued on Page 8



Rihanna dazzled her fans as she switche on the Christmas lights at Westfield Full story and more pictures / Page 3

WIN Panasonic's innovative wet-and-dry shaver and high street vouchers worth £150 P53



TODAY Windy FRIDAY Rain **SATURDAY** Cloudy SUNDAY Light rain MONDAY Scattered showers

TRAVEL

TUBE & DLR No DLR between Canning **Town and Beckton and** between Shadwell and Bank all weekend. Overground is shut from

Highbury & Islington and Shadwell on Sunday, as well as from Surrey Quays and New Cross.

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COMMENT



CONTACT US

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ESTABLISHED 1998

The menu of my life captured in pixels

love taking photos. I'm that annoying person who breaks off half way through a conversation so she can photograph an amusing road

I also photograph my food in restaurants, mostly desserts. When I flick back through Facebook, I understand why I have to go to the gym so

often. It's a collage of sugar.
I'm addicted to Instagram. Everything looks better when photographed with a filter. A 1977 colour wash over a dog poo with hundreds and thousands sprinkled on top? Let me just load it up onto Twitter, Facebook and Pinterest.



Taking photos is a normal part of my day, which is why I was alarmed to learn Canary Wharf security guards asked a guy to delete his snaps of One Canada Square.

My friend saw the whole thing unfold. The guy in question had one of those hybrid cameras: neither a tiny digital slip of a thing, nor a long lens pap style professional piece.

He had a proper camera, as favoured by those who take decent amateur photos. He'd probably taken an evening course in exposure.

The security guards came marching over, ignoring all those who constantly stand in front of

the Jubilee Station their camera phones in the air, and threatened to confiscate his Kodak.

They forced him to delete his photos as they posed a security risk. Where are we – a Greek airport? They don't know how powerful smartphone cameras are nowadays. Just because someone has a protruding lens, it does not mean they're part of a terrorist cell.

Either have a blanket no photography rule or forget about it. For the sake of my personal documentary addiction, please choose the latter. Find Angela on twitter: @TheAngelaClarke

Reuters' view



60 Second Wharf

Staying tuned in

Business are going to have to upgrade their social media policy if they are to keep pace, says an expert Pages 4-5

We need your backing

We need parents to back our vision for a new Silvertown school, says the people behind the scheme

Strike on the cards

Strikes and engineering works look like taking their toll on one of the first Christmas shopping days

Fair Mayfair fare

We sample some high class dining in Mayfair and find only one or two flaws Food • Page 51

Pulling the reins

Supreme horse showmanship and control was on display at Excel equine extravaganza

What's On • Page 54

Richard's rich list

Richard E Grant picks out his favourite stories from the world of luxury hotels

Business • Page 58

What our writers are talking about



■ My boss is in denial, ignoring the fact that, in several months, her team is going to double in size but decrease in numbers. **Tabitha Ronson**

■ If these levels of public money are to be handed out on the decision of a single person, then there has to be transparency Clir Peter Golds

■ I have waited for a decade wondering if the winning bee/ quantum particle combo was played out and done.

Giles Broadbent

Our favourite scientist comedian Dara O'Briain will not be heading to the temple of comedy – The O2 – soon. **Charlie Whisky**

Corrections & Clarifications

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DOCKLANDS BUSINESS CLUB 25 YEARS WORKING FOR LOCAL BUSINESS

A star in stripes brings sparkle to festive fans

Beth Allcock talks to the lucky few who landed the prized wristbands to see Rihanna at Westfield

mid a sea of shop windows adorned with the very best in winter trends, the only must-have items on Monday evening were a blue or red wristband.

Because for those lucky enough to be wearing the statement paper bracelet at Westfield Stratford City's Christmas lights switch-on, it signalled a ticket to see global superstar Rihanna perform in the Cherry Park area.

The 24-year-old took to the east London stage before thousands of her dedicated fans – some of whom had braved the cold since the early hours – to kick off the festivities by flicking the switch for the centre's sparkling Christmas lights as well as performing No.1 hit Diamonds.

Mother and daughter duo Gemma and Brooke Smith, who live in Bethnal Green, dashed to the shopping centre on Monday afternoon to try to scoop some last minute tickets.

And luck was on their side, as they were handed the last remaining red wristbands.

Gemma said: "We found out Rihanna would be here today on the news

"We got here at 2pm and someone said all the tickets were gone but we were lucky – we got the last two.

"We love Rihanna and my mum wanted to come too, but she had to work. She would have been the dancing granny in the crowd!"

Brooke said: "I put it on Facebook saying we were here and my friends said 'you're so lucky'."

And for fellow schoolgirl Ronet Harewood, her trip straight from class at the Holy Family School in Walthamstow, alongside mum Joycelyn, also paid off.

Joycelyn said the Barbadian singer had a particular resonance with her daughter, as Ronet's father was born in the same country.

Rihanna took

a blue striped

outfit likened

to a prison

to the stage in

"Tm really looking forward to listening to her sing," said Ronet.
"I told my mum that I had to be here tonight, because it's very important."

But for others, including Essex couple Carole and Steve Hale, Rihanna's stint on stage was an extra-special addition to their day.





Above, Gemma and Brooke Smith

Left, Ronet and Jocelyn Harewood

Below, Carole and Steve Hall

NEWS IN BRIFF Around east London

MP angry over tunnel reaction

TOWER HAMLETS Poplar and Limehouse MP Jim Fitzpatrick has criticised council and police reaction to a tunnel run at the weekend.

Mr Fitzpatrick said the BMW event at Westferry, which 200 cars confirmed they would attend, saw severe congestion, illegal parking and cars driving the wrong way.

"It would seem the police and council response is to do nothing until this happens which is wholly unacceptable," he said.

Excel to host BBC sports awards

DOCKLANDS The Excel London will host this year's much anticipated *Sports Personality Of The Year*, it has been announced.

In a year of sporting triumph for Britain, the annual award is heading to the Royal Docks conference centre which also hosted a number of Olympics and Paralympics sports this summer.

Cyclist Bradley Wiggins is the current favourite for the prize at the event which will be hosted on December 16 and broadcast live on BBC One.

"I had the day off work and came here to do some Christmas shopping today," said Carole.

"We're going to see her for my daughter really, to show her we have seen Rihanna."

The singer, wearing a striped jumpsuit and blue blazer, took to the stage an hour later than advertised but gave her adoring fans an insight into what was on her list to Santa Claus this year.

"I want a sold-out Diamonds world tour in the UK, that's what I really, really want for Christmas," she said.

"I want it so bad. I love coming to London, I have so many fans here."

Young Ambassadors from Westfield's Christmas charity partner, Save the Children, joined her for the firework-filled countdown, followed by her live performance.

Westfield's Myf Ryan said: "Christmas is always such a special time of year for Westfield and we are so excited that Rihanna has chosen Westfield Stratford City to help celebrate the festivities.

"Our shoppers love Rihanna and we are proud to be able to host this unique and exclusive concert for the UK fans."



Ts & Crimply, Six Sentes Sor, 2 Fan Peninsula Savare, to man £14 9HA

The top social media brands

Ranked by estimated unique



- 1. Facebook 750.000.000
- 2. Twitter 250.000.000
- 3. Linkln 110,000,000
- 4. MySpace 70,500,000
- **5. Google Plus+ •** 65,000,000
- 6. DeviantArt 25,500,000
- 7. LiveJournal 20,500,000
- 8. Tagged 19,500,000
- 9 Orkut 17,500,000
- 10 Pinterest 15,500,000
- 11 CafeMom 12,500,000
- 12 Ning 12,000,000
- 13 Meetup 7,500,000
- 14 myLife 5,400,000
- **15 Badoo •** 2,500,000

SOURCE: EBIZMBA

What in the (connected) world are we coming to?

SOCIAL MEDIA

Rob Virtue talks to a consultant who says that businesses must learn to think smaller

consultancy and a guru of the social media network, Chris Brogan should be sitting at his desk in a smooth designer suit sipping a latte.

Instead when *The Wharf* calls him on his mobile he's wearing a tracksuit and baseball cap, parked up next to a

His dress is just a reminder of how the world of business is rapidly changing and the rules are being torn up for the digital age.

"If it wasn't for the car I was sitting

in people would think I was homeless." says Chris from Boston, Massachusetts. "But I'm here working. I like the idea that you don't have to have a bit of cloth round your neck to let people know you're working. You can sit there looking like a hooligan.

"It's like this: once we worked in villages, but then factories arrived and we were told you had to uproot to London or Manchester. They were very visual, giant brick buildings. This new challenge is difficult to see. It's taking place inside people's houses."

It's just one part of a new age dictated by social media, where interaction is essential but involving less face to face contact.

The Impact Equation, Chris's latest book, co-written with Julien Smith, describes life in this new world where established businesses have to evolve and engage or face extinction.

A competitor could be working out of a cafe, their home or car – and in a tracksuit, if they follow Chris's lead.

This is encouraging for would-be entrepreneurs with a good idea but little initial capital.

A prime example of a success story is the Dollar Shave Club, a US company selling and delivering men's razors



"Probably the bigger challenge is for the middle sized companies. They don't take it seriously."

from one dollar a month. This small enterprise is snapping the heels of

"The bosses made a cheeky YouTube video which everyone saw, and from that they got so many orders their systems collapsed," said Chris.

"It has really high contrast to the product Gillette is offering and gets such a huge reach with the video. It doesn't have the exposure which Gillette has with its advertising power but it has the trust. They didn't have the reputation of Gillette but everyone loves the underdog."

And while Gillette was spending millions on celebrity endorsements, its small rival was able to keep costs low on a minuscule marketing budget.

It's a warning to the big hitters who, Chris says, are fighting back – by humanising their execs.

"People need to see a face," he said. "They need to know whether it says feed or fright."

The troubled fate of the huge, established "unwieldy" companies in the digital age is mirrored in the music

While Chris says UK star Adele is an



The rules for business have changed, says consultant Chris Brogan



Jason Bradbury on social media

THE Gadget Show's Jason Bradbury said: "I really believe in the power of social media. Not only is it good for gauging reactions but it also acts as a surrogate friend.

"With this job I stay in numerous anonymous hotels around the world. which may seem glamorous but it's actually pretty lonely.

"But with tools like Twitter you can stay in touch with old friends and meet new ones."

Jason's Christmas tips / Pages 6-7

example of what to do right, there are a constant stream of disasters.

"There was a great video of Adele on YouTube at the Royal Albert Hall," he said. "Between every song she would have a little chat with her audience. She would bring the audience in around her. She's reaching to people.

"Pick nearly any other middle-ground musician and they are not using this two-way social network to interact. They may have high reach but that does not articulate into success because they do not have the trust.

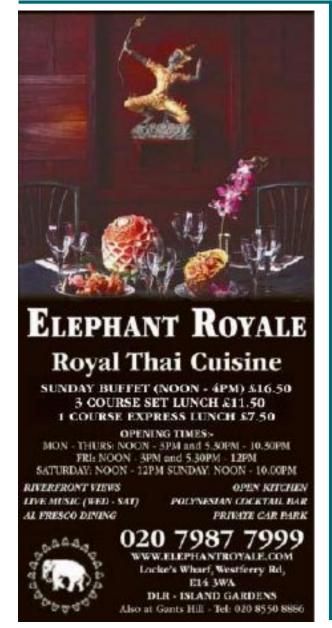
"Van Halen and ZZ Top put new albums out and they bombed because of just that."

Chris says the smaller musician has the ability to out-perform them precisely because of their willingness to interact with their fan-base.

The message to the business community is maintain close connections with clients, says Chris.

"Some of the biggest companies are doing this well," he added. "Just look at how many followers Richard Branson has on Twitter.

"Probably the bigger challenge is for the middle sized companies. They don't take it seriously and say they don't have enough people. But if firms with just two people can do it very well; so can they.'





Barack Obama brought his sophisticated social media campaign to an emotional climax, proclaiming his victory on Twitter and Facebook It was also the most popular Tweet ever, topping a message from Justin Bieber. It was retweeted 472,000 times in three hours

Social media and the 2012 election

"This time Barack Obama did a live Reddit chat, where you have the most troll-y individuals and also the kind of people who were helping rebuild homes after Hurricane Sandy all together. And he faced the toughest questions they can ask. Mitt Romney went through the motions, the occasional video, everything staged, with no opportunities to look bad. People saw through that."

What's the future hold?

"It's very hard to predict. The problem with Facebook is it will always annoy people. It's impossible not to when you're that size. There will be an exodus. But am I predicting any platform will collapse any time soon? No, so if you are wondering what the best platform is for your business, just use the ones which let you tell your story the best. But an interesting point is that 50- to 70-year-olds are coming online because of the tablet computer. Smartphones were good but not great for them but with nine inch screens on tablets they are joining the debate and having a big say in it.



Equation is priced at £14.99 and published

What is exactly the impact equation?

The book says the key points are Contrast, Reach, Exposure, Articulation, Trust and Echo (CREATE).

Contrast examines whether an idea stands out:

Reach addresses how many people you connect to;

Exposure focuses on how much your audience hears from you;

Articulating an idea gains the...

Trust of your potential customers;

Echo refers to building a connection with the client base.

Entrepreneur with an ambition to beat BT in the battle to wire up homes and businesses

Interview with Business Person of the Year Warren Davies / Page 57



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LUXURY



Expensive but huggable

Why tablets will be the must-have festive gift

TV Gadget Show presenters pick likely winners

By Beth Allcock and Rob Virtue

very techie worth their salt should kick off the New Year armed with this season's must-have gadget to help combat the post-Christmas blues.

According to the experts, namely Pollyanna Woodward and Jason Bradbury of Channel Five's The Ĝadget Show, we should all be touting the tablet this January.

Pollyanna believes the next generation of mini tablets midrange between the 9in specials and the smartphone are likely to be best-sellers this Christmas.

She said they are the perfect size to fit snugly into the Christmas stocking - with the iPad mini likely to be another blockbuster from Apple.

The tablet that co-presenter thinks will lead the way is the Microsoft Surface – despite a few hiccups in its launch and build quality.

Jason said: "The Surface is a tablet that Microsoft should have made five years ago but, by making it now, it's a potential iPad killer.

"It's got a second screen for Xbox 360, a version of Windows 8 and Office and one of the smallest keyboards in the world. It's fantastic

"Also on my list is the Nintendo Wii U, which is

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Jason Bradbury and Pollyanna Woodward as seen on C5's The All-New Gadget Show

one and a half times more powerful than Xbox 360 and considerably more than the

"While the Wii was targeted at non-gamers this encourages hardcore gaming with zombie games and shoot-'em-ups."

Meanwhile, the duo are advising anyone looking for the latest thing to attend the upcoming Gadget Show Live, the fourth event of its kind, which runs at the Excel from November 30 to December 2.

"It's a massive live show with fabulous robots and explosions," said Jason.

Ît's going to be amazing. It's a great chance for us to meet

What about for gaming?

"Also on my list is the Nintendo Wii U which is one and a half times more powerful that the Xbox 360."

the fans and a chance for them to see the latest technology and buy it at great prices."

Pollyanna added: "It's really exciting. It's the first time we have done a Christmas show and when it gets to that time vou want to know which

gadgets are the best, and we just thought it's the perfect time to do this.

"It lets people come and see what's around and buy Christmas presents and it's another opportunity for myself and Jason to meet the viewers of the show."

She added: "There something for everyone-some things that are tech-savvy and a little bit more complicated to get your head around, gadgets that look fantastic for the females interested in the look of something rather than its function and big, colourful and fun for the kids." Go to excel-london.co.uk.

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BUDGET



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MIDRANGE



Nokia Lumia 920 With PureView HD technology ****

LUXURY



Samsung Galaxy Note II Bordering on a tablet ****

HANDHELD GAMING

BUDGET



Old school but limited Linux fun ****

MIDRANGE



Nintendo 3DS And the 3D actually works ****

LUXURY



PlayStation Vita The true successor to PSP ****

SATNAVS

BUDGET



Garmin Nuvi 1490TV SatNav with a Freeview TV tuner ****

MIDRANGE



Fastest at calculating new routes ****

LUXURY



Navman Panoramic 7in display and multiple routing ****

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ACTIVITIES

Stratford is hosting an exclusive pop-up gallery of items from the Walt Disney

Archives this weekend. It will show the evolution of Mickey Mouse from his little known predecessor Oswald the Lucky Rabbit through to theme park rides. TV's Dick and Dom will be on hand to orchestrate the family fun.

More of our #Movember cupcakes! Available Canary Wharf branch throughout this month! Limited numbers so hurry! @sweetcouturecupcakes



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'Foolish' to support a short-term option

FROM PAGE ONE

Mr Raynsford said: "The proposal for a ferry to Gallions Reach is foolish and going to be inadequate to keep up with long-term demands.

"It should be a fixed link. TfL said these crossings must be tolled – that will pay for a bridge or tunnel. There is no reason to go for a ferry."

TfL's second consultation into the issue made two proposals – for a Silvertown Tunnel and for a ferry between Gallions Reach and Thamesmead.

The consultation paper suggests the tunnel – which will link Newham with the Greenwich Peninsula – would make a fixed link at Gallions Reach unnecessary.

It says a ferry to Thamesmead is the preferred option, replacing the Woolwich service and reducing the heavy traffic in Woolwich.

TfL insisted a fixed crossing was not being ruled out but a quick solution was priority. The Woolwich Ferry was deteri-

The Woolwich Ferry was deteriorating and the earliest a bridge or tunnel could be completed would be 2021. The ferry could be set in place by 2017.

But critics, including Newham

and Greenwich councils, as well as London Assembly member John Biggs, say plans for a permanent solution must be put in place now and are concerned it is not a key proposal in the consultation.

"We need a plan for a fixed link and have to keep pushing that," said



Labour's Mr Biggs, who represents City and East at the Assembly. "The ferry is a stop-gap where the capacity is dictated by the amount of users who can get on.

"The average driver, looking at a map and seeing a ferry, would just choose another route. We want to regenerate east London and we need a fixed link to facilitate that." In the first TfL consultation on river crossings, held earlier this year, Labour-run Newham and Greenwich councils insisted a fixed link was the only answer.

Greenwich has stepped back – promising to assess the new proposals before making a decision but Newham is unmoved by the ferry idea.

And it seems the uproar is not just a tool for the Labour Party to bash Conservative Mayor Johnson's transport group.

Key firms Excel and London City Airport are also planning to recommend in the consultation the only way forward is for a tunnel or bridge to Gallions Reach.

Capacity is not the only reason. The airport points to the unreliable nature of a ferry, as seen with the regular closure of the current Woolwich service.

A spokeswoman for London City said: "We would support a permanent and constant access point that is the least vulnerable to changing factors and that people are able to travel across without restrictions or additional fares." The consultation will close on February 1, and the public can offer views at tfl.gov.uk/rivercrossings

Strike threat / Page 14

OLYMPIC UPDATES

Stadium bids for Paralympic games

MAYOR of London Boris Johnson has submitted a formal bid to bring the 2017 Paralympic Athletics

World Championships to the Olympic Stadium.

He said:
"Securing the
championships
would bring a vital
boost to the capital's
economy, creating jobs and driving
growth in east London"

London 2012 the 'greenest ever'

THE London Olympics were the most sustainable ever, according to the watchdog charged with policing the Games' green credentials.

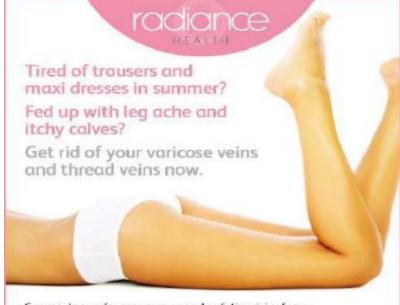
Shaun McCarthy, chairman of the Commission for a Sustainable London 2012, said: "We congratulate the delivery bodies and all those who contributed to this excellent achievement."

Games visitors lift tourist spending

VISITORS coming to the London Paralympics helped boost tourist numbers in September.

The Office for National Statistics (ONS) said that tourist spending during these visits soared 17% to more than £1.94 billion.

The ONS said that 680,000 overseas visits were for "an Olympics or Paralympics-based purpose".



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This is our answer to the school bully

EDUCATION

Beth.Allcock

oungsters have taken the lead in promoting an anti-bullying message to kick-start a campaign week in Canary Wharf.

Teaming up with celebrities including Jodie Marsh, *The Voice* finalist Vince Kidd and dance act Twist And Pulse, more than 300 anti-bullying ambassadors for the Diana Award charity took part in panel debates and workshops against the backdrop of National Anti-Bullying Week, which runs until tomorrow, Friday.

The interactive day saw the primary and secondary school pupils exploring school issues as part of the Diana Award National Anti-Bullying Ambassadors Conference at the Britannia International Hotel.

They then had their time in the spotlight during an afternoon showcase.

Year Six pupils Morola Oyefesobi and Jada Vernon, studying at Drew Primary School in Silvertown, said they had taken part in a Dragon's Den-style pitch to put forward vine trail throughout a school, with leaves to provide a space for students to write compliments about their classmates.

The campaigners said helping to organise in-school anti-bullying events, including a Compliment and Smile day, was of benefit to

the whole school community.
"It is extremely important," said Morola, 10. "We are not just helping them at school, we are helping them with their lives and how to carry on so they won't get bullied in secondary school.

"They will have confidence to stand up for themselves and not listen to what the bullies are

Jada, also 10, added: "I know people are relying on me and I can help them stop being bullied.

"Before our work, we had a few bullying incidents but now it's

"Everyone is happy playing with each other and everybody tries to be really good because they want to be ambassadors as well, so they get to come to an event like this.'

Model-turned-bodybuilder Jodie Marsh is currently filming a documentary about her experiences of bullying with Alex Holmes, anti-bullying programme manager for the Diana Award.

She said: "This is a great event that brings hundreds of young people together to stop bullying.

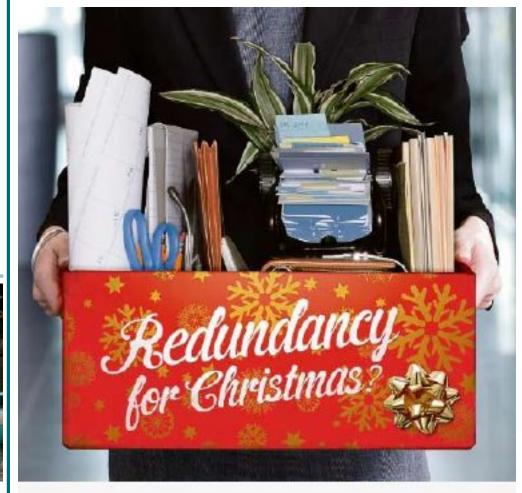
"I wish there was an anti-bullying programme that was available to me when I was younger.'

Silvertown school bid / Page 10





Left, Jodie Marsh, second from left, helps out at a bullying workshop Above, Morola Oyefesobi, left, and Jada Vernon of Drew Primary School



Olympic gold medallist Ed McKeever took to his Photo boat again to clean up the River Lea. The 200m sprint single kayak champion marked the 18th story

with Thames21, a charity supported by the lottery. McKeever said: "The spirit shown by volunteers made the Games so special and it is important that it is preserved and developed."

birthday of the National Lottery with a litter pick

Fine art courses open for business

DOCKLANDS A creative hot-spot in east London is seeking new recruits for a foundation course specialising in Fine Art.

First launched by The Prince's Drawing School in September, the programme at Trinity Buoy Wharf studios provides the opportunity for students to explore a wide range of fine art media.

The class of just 25 is led by teachers Gethin Evans and Sharon

Call 020 7536 9688 or email admin@newfineartfoundation.org

12 days theme for charity run

CANARY WHARF The 12 Days of Christmas will provide the fancydress theme for a Wharf-based fundraiser.

The cheery festive classic is the focal point for Starlight's 12 Days of Christmas Run, which will see participants donning five gold rings, two turtle dove outfits or a variety of other creations on December 12.

The 1.2mile course will start and finish at Ice Rink Canary Wharf. Email gabbi.ray@starlight.org.uk for more information.

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We need parents to get behind our free school vision

EDUCATION Beth Allcock attends the first consultation and talks to the people pushing to make plan happen

espite two unsuc-cessful attempts to create a secondary school in Silvertown, teachers are more passionate than ever to make it third time lucky with a fresh bid.

But the community at Britannia Village Primary School is now facing a race against time to secure enough signatures in support of the free school application before the Christmas holidays begin.

Staff faced rejection from the Department for Education (DfE) in the summers of 2011 and 2012, after submitting proposals for a school catering for Îl- to 16-year-olds.

And after teaming up with the Oasis educational charity and social entrepreneur Lord Andrew Mawson, as well as expanding to a four-form entry, enthusiasm is high.

Headteacher Linda-May Bingham said the notion of providing "seamless" education from primary to secondary school had been a desire for the past eight years.



Headteacher Linda-May Bingham nurtures a dream

"Really it started with some fly-away fly-away comments with parents, saying 'wouldn't it be great if we could have our own secondary school?" she

"That planted the idea in my head that gradually turned into a vision. I just wanted to bring that into being for our

"After we got turned down

at the beginning of summer holidays we went away and cried then we picked ourselves back up and thought 'right, what shall we do? We didn't want to be beaten.

Department The Education encouraged us to think bigger and join with an organisation who are experienced in setting up schools."

This sparked a partnership with Oasis, led by Steve Chalke, and the ambition to set up the Oasis Academy Silvertown, ready to accept its first intake of 120 Year Seven pupils, by September 2014.

Ms Bingham said Lord Mawson's involvement, and the backing of Water CIC and Andrew Mawson Partnerships

for the project, reflected his "real heart for Pupils our school".

Mr Chalke said Lord Mawsonwould help the school find a site and

link up with ambitions to regenerate the Royal Docks.

Pupils

could start

at the new

school in

2014

He said: "We will work with him to make sure we don't just make relationships with businesses but that we make them count."

Members of the Silvertown community are now being urged to put pen to paper in support of the plans, particu-larly parents of children currently in Years Four and

The plans must be submitted in early January.

The next consultation event will be held on December 11 at Britannia Village Hall, from 7pm to 8pm.

Go to oasisacademysilvertown.

PROFILE

Driving force behind education champion

THE founder of a charity striving to bring the Oasis Academy Silvertown into reality had the dream of creating a school since his

teenage years. Steve Chalke set up the Oasis educational charity in 1985, with a bucketful of ambitions and ideas.

Born to an Indian father and English mother, the south Londoner explained how his dad struggled

> Steve Chalke aims to make a difference

local Baptist church where he had a sense that his life mattered.

wanted to set up a school that provided people with the opportunity to learn well. I went to one where I wasn't given that oppor-

"I wanted to set up a hostel for young people who have never been told that they mattered to anyone and to set up a hospital to give community health care."

Oasis now runs 19 schools across the country. which educate about 13,000 children

Talking of the Silvertown venture,

Steve said: "It is really exciting. The reason Oasis started was to give young people that opportunity, because that's

what we do.

needed to spend my life creating healthcare and education. It is wonderful when you find out what you are

made for." He added: "This new school needs to be a partnership. It's a community school for evervone.



He said: "I decided I



MONTHLY

INSTALLMENT

PLANS

WINTER'S MOST WANTED

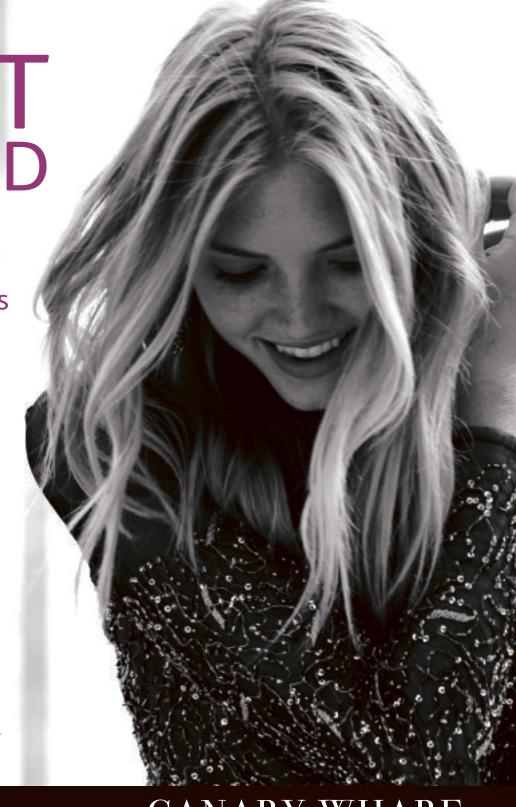
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*In Jubilee Place from 5pm, terms and conditions apply. See website for details.

**Correct at time of print. Please note, terms and conditions apply to individual retail offers. Retailers reserve the right to amend their offers.





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What's On / Pages 54-55

News

End of the road for Osborn's characters

PEOPLE

Stand-up turns his hand to a dark comedy

Rob.Virtue @wharf.co.uk

omedian and Isle of Dogs resident Matthew Osborn has called on his experiences of life in the suburbs for his first play.

Cul-De-Sac received rave reviews from Edinburgh last year and next month comes to London for the first time.

It's a black comedy that Osborn, who lives in Burrells Wharf, said was inspired by growing up in Sussex rather than the streets of London.

"Tm interested in the way humans are willing to conform and how they react to demonic, fascist regimes," he said. "Putting that in a banal English suburban setting of little streets like those in places such as Sussex really interested me.



Island comedian Matthew Osborn returns home

"It's about three men who live in a cul-de-sac ruled by an unseen figure called Tony. He takes their dogs.

"There's dark humour and people will find it funny and enjoy it."

Osborn, 35, first hit the

Osborn, 35, first hit the headlines by winning annual comedy competition *So You Think You're Funny* in 2003, joining a talented list which also includes Dylan Moran and Lee Mack.

He wrote his second play for Edinburgh this year, entitled *Shopping Centre*, but said stand-up was still his passion. "Writing a play was an agreeable process," he said. "It took a long period of time but I was more than happy with the end result.

"But I'm still enjoying the travelling around and performing to audiences. Many people say it's a lonely existence but I enjoy it. I like the driving."

the driving."

Those days growing up in Sussex are long in the past for the comedian. He moved to the Isle of Dogs the year before picking up the So You Think You're Funny prize.

And he's felt at home there ever since.

"I came here about 10 years ago because my girlfriend lived here and I've never left," he said. "It's a fantastic place to be and amazing seeing it evolve in that time.

"It's got a good community feel on the Island and also this huge, futuristic business centre in Canary Wharf. It's a great place to call home." Cul-De-Sac, which stars comedian Alan Francis, will be performed at Theatre503 in Battersea on December 4-5. Go to theatre503.com

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Have your say on proposed changes to the Congestion Charge

Transport for London is proposing to make the following changes:

- Introducing a new Ultra Low
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 discounts to help improve air quality
 and reduce carbon emissions.
- Increasing the Penalty Charge to £130 to align with other similar traffic enforcement charges.
- Removing the option to pay in shops and petrol stations. Most payments are now made by CC Auto Pay, online, by text messaging or by phone.

Visit tfl.gov.uk/ccyourviews or phone 0844 544 9780° for a leaflet. We would like your views by 8 February 2013.

*Calls from BT landlines cost up to 5p per minute. Cost of calls from other lines may vary.





Business / From Page 57

News

Travel disruption as shoppers get going

TRANSPORT

Rail strikes and closures slow bargain hunters

ube engineers aim to bring disruption to the Jubilee line tomorrow morning (Friday) with a 24-hour strike.

Their action could see any breakdowns take longer to repair and also affects the Northern and Piccadilly line.

It is part of an ongoing dispute over pension arrangements and involves staff of Wharf-based Tube Lines, the consortium taken over by TfL.

A similar strike earlier this month brought Canary Wharf to a standstill.

Tube Lines chief executive John Lamonte said the action was unnecessary.

He said: "Since becoming part of TfL all Tube Lines employees have kept their existing terms and conditions of employment."

RMT boss Bob Crow, said: "Tube Lines is now a wholly



Caroline Pidgeon: Cable car

owned subsidiary of TfL and there is simply no excuse for refusing equal pension rights."

Saturday's action will only add to travel disruption for Christmas shoppers caused by engineering works on the DLR and Overground.

There will be no service between Canning Town and Beckton and between Shadwell and Bank all weekend. On the Overground services to Shadwell and Surrey Quays will be affected on Sunday.

And a Boxing Day Tube strike is on the cards after talks

broke down between Aslef and London Underground bosses earlier this week.

■ Meanwhile fresh calls have been made to incorporate the cable car into the travelcard regime as it was revealed that discounted fares accounted for only 0.01% of all trips since the Games.

London Assembly transport chairwoman Caroline Pidgeon said the figures showed Emirates Air Line was a tourist attraction, not a meaningful commuter link

commuter link.
She said: "I don't think it works because it doesn't necessarily go to a destination people would want to.

"It doesn't connect up with Canary Wharf or somewhere which would be useful so all we are seeing is a publiclyfunded tourist attraction rather than a serious mode of transport.

"What the mayor now needs to do is incorporate it into the travelcard network."

TfL said that the service was new and would grow over time while the mayor's office pointed to its role in helping to support the regeneration of the Docklands.



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Food



Salt excess not enough to eclipse Corrigan's beauty

REVIEW

Corrigan's Mayfair

ıvıaytaır

ook, the black cabbage that came with my main was too salty, OK? Not a little bit. Not in the sense of over-seasoned. Icouldn't stomach its bitter, salinated taste which obliterated, when mixed, the sublime succulence of the scallops it was intended to enhance.

Perhaps I should have sent it back. But drooping the offending leaves to one side, I didn't want to abandon what lay beneath.

The shellfish were superb and rather than wait longer (our starters seemed to take an age to arrive), their clean simplicity seduced me into inaction.

Sharp-eyed readers will have already spotted four gleaming black stars at the end of this review. The salt is the reason it's not five.

But as far as critical points go, that's it. The rest of my experience at Corrigan's was faultless. No run-of-the-mill fine dining – this was flawless.

From the warm golds of its interior, to the eccentricity of its ornithological ornaments, the feel was soothing, welcoming.

The chef himself, a great bear of a man, was chatting with his pianist by the door when we arrived.

All seemed perfectly at ease.

Looked after, we slipped from entrance to bar, to table as if riding the most agreeable of conveyor belts.

Yes, there was a chunk of time between ordering and starter arrival, but the only stress came from the prospect of only having two hours to dine, raised when our table was arranged. After all,

Corrigan's is a comfy place to watch



Corrigan's warm eccentricity makes it the perfect place to go for soothing comfort

time pass and, as we waited, the room filled up.

The interior's masculine accents reflect well its clientele. Lights are chained forcefully to the ceiling, the bar and walls are armoured gold; the diners we saw were predominately male.

But the menu was far more sophisticated than a simple attempt to tickle the buds of soused City folk and wellheeled Mayfairers.

While two of the dishes we sampled, a starter of black pudding, egg and leeks and a main starring haunch of venison were packed with a gentle machismo, the scallops were fresh and feminine with a crunch of crosne

and a starter of smoked salmon was equally delicate.

Irritatingly, side dishes bump up the mains' cost (mostly in the late £20s as standalones) although the ones we sampled were stunning for a fiver, especially the broccoli with blue

Wines were expertly matched by our sommelier, who proved wry and charming in equal measure. But it was on the restaurant manager's advice that my evening reached its climax.

If you go, you must (I'm not normally so prescriptive) try the apple and blackberry crumble souffle with custard. Eating this £9 wonder will re-affirm your belief in civilisation

and make you give thanks you live in a world where the consumption of such dishes is a possibility.

Sure, my companion's rich chocolate tart with salted caramel ice cream was good. But it melted away in comparison.

Corrigan's Mayfair, 28 Upper Grosvenor Street, London, WIK 7EH, 020 7499 9943, corrigansmayfair.co.uk.

Jon Massey

Our verdict

Very fine dining indeed, with the blemishes easily forgiven

★★★☆

CARLUCCIO'S

Discount on festive eats

Bring a taste of Italy to your dinner table this Christmas courtesy of Carluccios.

The food shop at the Reuters Plaza restaurant will be offering a 10 per cent discount on its entire festive range at a special event on November 29 from 6pm.

Guests can also enjoy a complimentary glass of traditional mulled wine vino cotto and festive canapes, piccoli assaggi, while browsing.

DIAL ARCH

Mums are welcome

The Dial Arch
pub at Woolwich
Arsenal is relaunching
its Yummy Mummy
Breakfast Mornings.

The regular event is due to begin on Thursday, December 8, and will be held in the private rooms with toys available for children.

"Come along for some breakfast or just join in on the gossip," said the Fuller's owned venue in Woolwich.

WAITROSE

Festive ice cream offer

A range of ice creams, including Christmas Pudding and Apple Crumble, have been especially designed for this winter. The Simply Ice Cream collection is on offer at Waitrose priced at £4.65 for 500ml.

RECIPE

Wild halibut with a mixed herb and pine nut crust

e love wild Scottish halibut at The Gun. At Billingsgate market, where we source some of the best seafood around, we buy whole fish from Jeff at Chamberlains, Kenny at Cyprus Fisheries or Mike at James Nash and Sons. Local fishmongers, such Johnathan Norris in Victoria Park Village, are also excellent. Premium wild fish should always be cooked and served as simply as possible to retain its full flavour. Serves Two

INGREDIENTS

2 x 150g un-skinned fillets of wild Atlantic halibut 1 tbsp chopped parsley 1 tbsp chopped tarragon 1 tbsp chopped chervil 1 tsp English mustard 50g melted butter 100g fresh breadcrumbs 30g roasted pine nuts lightly chopped 400g new potatoes 1.5 tbsp crème fraîche 30ml white wine vinegar Extra virgin olive oil for dressing Bundle of mixed salad leaves

METHOD

Cook the potatoes in salted water until soft. Drain them and set aside to cool.

Take the fillets of halibut out of the fridge to bring up to room



The finished dish

temperature. This will help during the cooking process and stop the crust burning before the fish is cooked In a bowl, mix the parsley, tarragon, chervil, pine nuts and breadcrumbs together and put to one side.

Lightly season the halibut fillets and gently brush the English mustard over the upward facing side, with the skin side down.

Press the brushed side into the bowl of the herb mix and place the fillets herb side up on a greased baking tray.

Drizzle some melted butter over the crust and place the tray under a medium grill to cook.

It should take roughly six minutes for the crust to become a nice brown colour.

While the halibut is cooking, crush

the potatoes in a pan with a fork, over a light heat. Season and add the crème fraîche and white wine vinegar.

When the fish is cooked, place a small amount of the crushed potato on a plate, place the fish just sitting on top of it, add the mixed leaves on the side and drizzle a little olive oil over the fish and salad leaves to finish.

This recipe comes from Mark Fines, head chef at The Gun, 27 Coldharbour, Docklands, London, E14 9NS 020 7515 5222 thegundocklands.com

Life

COPYCAT We sent **Beth Allcock** to find Miranda's look in the shops



WINTER'S WANTED

Canary Wharf's annual shopping event Winter's Most Wanted is back and, with Christmas just around the corner, now is the perfect opportunity to pick up some festive wardrobe tips or gorgeous gift inspiration. Head down to Canada Square

Head down to Canada Square or Jubilee Place on November 29 and you'll find a whole host of excitement from fashion shows and entertainment to exclusive store discounts of up to 30 per cent off throughout the day.

Plus, if this wasn't enough for

Plus, if this wasn't enough for all you shopaholics, you can also collect a Canary Wharf goodie bag from 5pm in Jubilee Place.

But be quick, these bags are

available on a first come first served basis (one per person) and it is essential you produce a receipt showing a spend of a minimum of £10 at a participating store.

These are all stores providing a discount or offer, or those stores featured in the fashion show.

Canada Place Fashion show times – 12.45pm, 2.15pm, 5pm and 6.30pm. Jubilee Place Fashion show times – 12pm, 1.30pm, 5.45pm and 7.15pm

If you fancy a little retail therapy, we've rounded up our own most wanted items from some of the stores that are offering discounts on the day. Happy Shopping.

Lauren Goodwin-Grafton

WALLIS



Snakeskin pencil skirt, £75



Red belted coat, £120

wallis.co.uk

LK BENNETT



Geometric print shirt dress, £245



Blue Nelly heels, £250

lkbennett.com

OFFERS

Aquascutum & Myla

JONES



Blue mens brogues, £120



Metallic Mary-Jane heels, £99



Black mens Fred boots, £129

ionesbootmaker.com

PHASE 8



Beaded jacquard jumper, £69



phase-eight.co.uk

DUNE



Black jewelled court shoes, £90



dune co uk

FITNESS WITH LAURA WILLIAMS

Get the look: Ellie Goulding

he 26-year-old singer is not one to simply go for a run-of-the treadmill exercise. **How she does it:** Ellie Goulding likes a wide variety of exercise from yoga to running, but it's the martial art of Capoeira that really floats her boat.

She said: "High-energy sports like Capoeira, which is a martial art dance where you're constantly on the move, get you really good hip

Do it for yourself: So what is Capoeira? It's a Brazilian martial art that combines combat, dance and acrobatics for a lively workout.

As well as being a great way to burn calories, Capoeira is also good for developing a wide range of skills such as agility, flexibility, strength, speed and co-ordination as many of its moves involve a lot of twisting, ducking and energetic kicking – perfect for letting off steam if your boss and colleagues are getting on your nerves.

It's also good for improving upper body strength and abdominal strength.

Martial arts and dance are a good way to boost your fitness levels and burn calories if you ever feel like breaking the monotony of

It's thought you burn around 500 calories for an hour's Capoeira. Squeezing in a hobby and exercise can often take second place to work or family life so if you get the chance to workout and let your hair down with a workout like this, give it a go.

Go to capoeirauk.co.uk for a good UK-based website.



keep her hips on top form

Panasonic Shaver and high street vouchers worth

You want to look good, but disposable razors can cost you a fortune in replacement blades, and you'll run the risk of cuts and nicks. But with the help of some

innovative Japanese technology and enviable Italian design, shaving can be a refreshing experience.
Panasonic's 3-blade Wet and Dry

Milano electric shavers offer the perfect alternative to disposables.

The Panasonic ES-SL41 offers ultimate speed, comfort and ease of use at great value.

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There's also a pop-up precision trimmer to tidy up beards, sideburns and any missed stubble.

And there's no need to remove the shaver head to clean it, thanks

a combined total of £150

to the innovative cleaning shutters. The shaver also includes a compact storage stand that allows for continuous charging, and a carrying cover.

The Wharf has teamed up with Panasonic to give away two £150-prize packs comprising a Panasonic Milano EL-SL41 shaver and £50 of high street vouchers to stock up on grooming products.

To be in with a chance of winning

just answer this simple question: Which of these footballing legends famously sported a

beard? a George Best

b Pele c Dennis Bergkamp

To enter go to wharf.co.uk and click the competitions link. You will need this code PANO1.

The closing date for entries is November 29. The EL-SL41 is available from all good retailers, including boots.com and argos.co.uk.



I want to lose weight before the Christmas party season starts but there are so many diets to choose from. What should I do?

I wouldn't think along the lines of picking a diet. Whatever the creator leads you to believe, most diets work on the basis of putting less fuel into your

body than you're burning up; resulting in weight loss.

If you find a way of eating that doesn't mean you feel deprived all of the time (a little bit of deprivation's to be expected when losing weight) you can still lose those pounds.

Yoghurt and fruit for breakfast, soup and salad for lunch, a couple of fruit snacks, and a low fat dinner such as a lean stew or jacket potato with beans should enable you to drop a dress size over the next few weeks. Especially if you visit the



Don't buy treat foods in bulk: Family treats like bags of sweets

to share may be more economical but be honest – when do you ever re-seal? Far better to buy a bar at a time so your willpower's not tested.



Go to laurawilliamsonline.co.uk, email questions to laura@ laurawilliamsonline.co.uk or follow @laurafitness on Twitter

What's On

Giggling and unrequited love on song

OPERA REVIEW

L'Elisir d'Amore

Royal Opera House

his ROH production prompted the most giggling I've heard at Covent Garden for a long time.

The superb Roberto Alagna provided a gloriously hapless Nemorino, but Aleksandra Kurzak was rather too skittish as Adina, even though the vocal acrobatics suited her beautifully. *L'Elisir d'Amore* is a story based on a

peasant's unrequited passion, and his subsequent dabbling in a quack's "love

Luckily, a chance inheritance also helps him on his bumbling way, despite the best efforts of his heroine to sleep around, and very nearly marry another.

Aleksandra Kurzak as





The sets worked well, although the motley collection of bikes performing a strange rally for no apparent reason in the first act made little sense.

mid-20th century setting provided entertaining costumes, and plenty of fun to be had frolicking in the hay. Along with some rustic behaviour in the crowd scenes there was a plethora of comedy to be found in the set pieces.

And if all of this doesn't persuade you, the orchestra was wonderful not to mention the two appearances of the opera dog. What a star of the stage. Until December 7 Go to roh.org.uk.

Jennifer Carter

Our verdict

Go, if only for the masterful performance by the opera dog

Majestic horses parade their magic on the hoof

EVENT REVIEW

Adrenaline by Equicirque

n action-packed equestrian show promising breath-taking stunts and heart-inhorsemanship the-mouth seemed a perfect way to spend a dreary weekday evening.

Clued up on my dressage after a day at the Paralympics in Greenwich Park, I arrived at Excel for the world-first Adrenaline by Equicirque - a show encompassing six of the world's best equestrian performance artists.

Double gold-medallist Natasha Baker set the scene for a sparkling evening but the opening was slow out of the blocks.

There was banging drums and low lights with the intention of creating atmosphere and drama but just falling

short of packing a punch. The fire came with the first performance, with a lit pole that the skilled rider moved around his body and horse in a performance where the dressage footwork excelled and the relationship between horse and rider shone through.

With every dressage step and routine, the understanding between the two was evident, and it was warming to see their trust and bond.

Performer Joel Chacon's enactment of the journey of the Marquis de Monte Cru made for a story with comic moments and a tight routine, turning the atmosphere from simmering into a



Above, Lorenzo commands his troop of Lusitano horses; below, a horse rider strikes a pose in a mesmerising display of teamwork

strong canter while an injection of pace provided by slick performers Los Rios saw the production sprint to the half-way mark.

The group's dare-devil streak and riding skills were showcased the performers rode their horses on the sidesaddle, from an upside down position with their heads scarily close to the floor and travelling backwardsin the

saddle. The second half followed with the same vigor and spirit as it had left off. The Hap O Temp duo brought talented

riding and dressage skills in a simultaneous performance inside a ringed area, with the female rider ensuring the audience was on the edge of its seats during mesmerising display of jumps and postures.

A display of acrobatics from Gravity introduced a welcome taste of the circus to

proceedings, while Clemence Faivre's routine captured the beauty of the horse's form.

But the final act, Lorenzo and his troop of 12 grey Lusitano horses was the stuff dreams are made of.

His total control of the animals was a delight, as he rode bareback tackling jumps and hurdles with ease from his position straddled across two horses.

Lorenzo had the audience in the palm of his hand, hanging onto his every jump and willing him to do more. And he delivered. His acrobatics jumping over a high pole and returning to the backs of his horses, without a step out of place was amazing, as was the control over his flock in manoeuvring them into circles and meticulouslyplanned routines of skill.

What started out as a slow trot had steamed into the paddock as a winning performance.

Beth Allcock

Go to equicirque.com.

Our verdict

Enthralling showcase of the bond between rider and horse

STAGE

Fulfil Me Fully, Phil



Phil creates Man following a minor existential crisis, but then trouble starts. Creations turn against creator with alarming results in this witty, surreal play.
It features 11 characters all trying

to reach their goals before Phil kills them off one by one and then there's an exciting climax.

Fulfil Me Fully, Phil is directed by Sebastian Rex and inspired by Waiting For Godot, but with the difference being the creator has a presence. Nov 27-Dec15, 7.30pm, £14 (10), space.org.uk

STAGE **Robin Hood**

Greenwich Theatre



"It's behind you! Oh no it isn't". You know the drill. It's panto season!

After last year's success of Aladdin at the Greenwich Theatre, Andrew Pollard (pictured in last year's show) brings another all-singing, all-dancing Christmas performance to town.

Robin Hood takes on the ruthless Sheriff of Nottingham for this year's pantomime. Expect music, jokes galore and an archery contest. Pollard stars as Maid Marian's nanny. Nov 22-lan 6 various times f19/25 (half price for children), greenwichtheatre.org.uk

GIG

Robbie Williams



The cheeky chap of the Take That line-up will re-connect with the fans who love him best as a solo act.

Tickets for his September appearance sold out like hot cakes and the dates from November 22 to 24 have proven just as popular.

As well as the fans' favourites. Robbie will be performing material from new album Take The Crown, including the hit song Candy, both of which reached the top spot in the UK

■ November 22-24, 6.30pm. Go to theo2 co uk

Andre aims to recreate the Motown beat The image of Motown artists from

Magic Of Motown

merican performers have secured bragging rights as the masters of Motown, so says the leading star of a musical centred on the genre.

Florida-raised singer Andre Lejaune will take to the stage at the Indigo2 alongside his cast members for the *Magic Of Motown* tonight, (Thursday).

The box office smash features slick male harmonies and stunning female vocals, honouring talented Tamara Motown artists The Four

Tops, Diana Ross and the Supremes and The Temptations.

And Andre stressed that although Britain produced great artists such as Lulu and Dusty Springfield in the same musical era, it was the skills the Americans were taught at stage school which made them shine brightest on the live stage.

The importance of establishing a rapport with the audience is lesson number one," said Andre.

"You're forever gauging their reaction. If what you're doing isn't gelling, you switch.

"They've paid their money to come and see you, so there must be something in your repertoire that'll please them.



Andre Leiaune: History lessons

across the pond was also carefully controlled for mass market appeal from their dress and choreography right down to their comportment and manners.

And the night at the North Greenwich venue promises the same exacting standards from its dazzling

Andre added: "With dozens of costume changes shoe horned into each show, at times there can be just as much going on backstage as there is under the spotlights."

■ Magic of Motown, Indigo2, November 22. 8pm. Tickets from £27.50. Go to theindigo2.com or call 08448 440 002.

What's On

SCREEN



(12) 99mins ★★★☆

The delicious prospect of a wonderfully contrasting cast playing it straight for comedy Colin Firth, Cameron Diaz, and Alan Rickman - working with the wonderful words of Joel and Ethan Coen result in a sprightly remake of the 1966 crime caper.

A thief (Firth) discovers that no plan is infallible when he recruits a beautiful woman (Diaz) to help him steal a priceless statue from an wealthy widower (Alan Rickman).

Despite the fact that his accomplice bears an uncanny resemblance to his affluent target's late wife, things quickly spin out of control.



Silver Linings - Playbook (15) 122mins

Pat Solatano (Bradley Cooper) has lost everything and finds himself living back with his parents.

When Pat meets Tiffany (Jennifer Lawrence), a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat

reconnect with his wife, but only if he'll do something important for her in return. As their deal. plays out, an unexpected bond



Nativity 2 (U) 105mins

The first Nativity outing must have done enough to warrant Nativity 2: Danger In The Manger which sees David Tennant playing twin brothers (alarm bells) along with a bright cast including Joanna Page and Marc Wootten in a school-based

■ Also released End Of Watch (15, 109mins) a tough lauded film about two cops (including Jake Gyllenhaal) who take on a dangerous cartel.

Partners playing for time

STAGE REVIEW

Constellations

Duke Of York's Theatre

f there were to be a stage play that combined the themes of honey bees and quantum mechanics, two boxes on my list of Perfect Plays would be ticked.

And so there was. *Humble Boy* in 2001 did just that. I have watched the ink of the ticks fade for a decade wondering if the winning bee/particle combo was played out and done. Until

Constellations is a different product altogether from Charlotte Jones' grand work - for a start the bees are not the thing and the quantum world is but a smart structural device.

Instead, Constellations, directed by Michael Longhurst, concerns itself with examination of another of nature's great enigmas - the inept and magnificent human heart.

Writer Nick Payne has used the implications of quantum mechanics that every decision taken or not taken is played out in another universe - to construct a winning and poignant two-hander. All that in 70 minutes straight through (and that's a third

The stuttering romance of scientist Mirianne and beekeeper Roland suffers enough trials without the intervention of the multiverse repeating crucial moments as distorted echoes – adding layer upon layer of drama, pathos and confusion.

These brief encounters live on Tom Scutt's stage, empty except for a ceiling of balloons. But this is no celebration and they may not even be balloons.

As they light up, they became the very particles that mangle space-time and, as illness grips, they possess the fizzing agony of misfiring neurons.

Payne has eschewed the Sliding Doors conceit - two separate paths. Instead, he goes for the juddering phase shifts of nuance.

The same scene - of flirtation, of row, of crisis - is played again and again with the characters nimbly adopting a



Sally Hawkins as Marianne and Rafe Spall as Roland

FACT

Playwright Nick Payne spent time . with urban beekeeper Steve Benbow. founder of the London Honey Company, to help create the professional

DIARY DATE

Crossover stars on O2 stage together

THE sounds of two operatic heavyweights will unite for the first time as part of a musical extravaganza set to make its final stop at The O2. Mezzo soprano Katherine Jenkins and classical

crossover quartet II Divo will co-headline a UK and European tour starting next March.

This is the first time the artists, who have 30million album sales



between them, have shared a stage. Tickets for the O2 concert on April 19 went on

sale on Friday, with the option to purchase passes for a soundcheck and Q&A session with the stars. Go to ticketmaster.co.uk or theo2.co.uk.

different attitude, sometimes juggling roles between them. Two people, on a stage, conjuring worlds. It almost justifies the existence of theatre on its own. But I've saved

the best till last. The performances of Sally Hawkins and Rafe Spall are sublime; their comic touch impeccable, their grasp of the drama moving, their chemistry palpable.

Spall's trademark laconic hangdog is taken for a long walk as is Hawkins' cheerfully gauche naif. But the demands of the narrative mean they need to turn their performances on an atom and become someone else in a flash. Harder, angrier, wearier.

Their execution of these about-turns could prove an irritation but ends up a charming marvel.

The multiverse means I'm fated to see this play an infinite number of times. Not. A. Chore.

Giles Broadbent

Until Jan 5. Go to atqtickets.com

Our verdict

Two charmers tell their story again and again, and it just gets better



Comment

Now the three-trimester drama begins to play out

c ince the shock announcement last week that two of my colleagues are with child (sorry, I'm getting into nativity mode) the office has been in a state of flux.

All around me are different soap opera storylines playing out.

My boss is in denial, choosing to ignore the fact that, in several months, her team is going to double in size but decrease in

My expectant colleagues are suffering with dissociative identity disorder, one minute skipping around the office

channelling their inner Von Trapp, and bursting into My Favourite Things, the next, in the presence of my boss, sucking in their stomachs, trying to imitate Victoria's Secret Angel Candice Swanepoel. Out of sight, out of mind.

Meanwhile, Young Colleague is having a meltdown. Normally, desperate to be the focus of attention as well as the most popular, she tries hard to be all things to all people.

So with a boss who is anti bambinos, and a team that's now bursting with oestrogen, she is in a quandary. She

WORKING



TABITHA RONSON doesn't know whether to go all goo goo with our colleagues or ga ga along with

În an attempt to curry favour with the team, she has started bringing in photos of her sister's one-year-old dot of a daughter.

For the past year, we have heard not a word about this child. Now because it is on-trend in the office, Young Colleague has to jump on the proverbial bandwagon and make out like she's some Mother Earth figure.

We've had the stories of how she

how she has become an Annabel Karmel devotee, and why she favours Mimi Doe over Gina Ford.

This is from a woman who in the past has fervently declared her lack of desire for motherhood. Now she has become a leading expert in the field of paedology.

She's so gushing I'm just waiting for the moment when she announces she's going to become a surrogate.

Working Mum, enjoying this newfound office sisterhood, however faux or shortlived it may be.

POLITICAL NOTES & VIEWS

By Cllr Peter Golds

Power in one pair of hands is dangerous

have returned from the Caribbean to a barrage of stories regarding the media and elections.

What was the big electoral news was the US election and the detailed analysis on the night by NBC could be looked at by our broadcasters, who spend too much time talking among themselves.

One story that did surprise in reaching the Caribbean, was the sale of "Old Flo".

A consequence of the mayoral

system is the concentration of power in a single person and in a little noticed development last week Hartlepool voted to conclude their experiment with

Hartlepool voted to

conclude mayoral experiment

an Executive Mavor. l was

pleased that our overview and scrutiny requested the Mayor re-examine his

grants policy.

Even a cursory glance at the applications approved by the Mayor in October showed an unhealthy relationship between grants and supporters of the $\,$ Mayor.

One address on the Isle of Dogs, linked to a mayoral supporting councillor, was recorded as being awarded f91 000

If these levels of public money are to be handed out on the decision of a single person, then there has to be transparency and scrutiny and an end to Tower Hamlets trying to shackle councillors who ask awkward

Conservative Blackwall & **Cubitt Town**

auestions.





Regrets? None to mention

■ Kristen Stewart's sense of irritation and misery may have good cause - she's constantly chased by paparazzi and hounded by the films' fans - but that's not the real her, she claims.

And publicising the last in the Twilight saga of films, Breaking Dawn 2, in London she tells us she's never regretted signing up. "There have been some heavy moments but I would trade nothing," says the Los Angelesborn actress who endures ongoing scrutiny over her on-off

There have been some heavy moments but I would trade nothing'

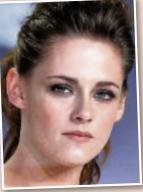
relationship with co-star Robert Pattinson.

"It's such a strange job; you need to be a little crazy, you need to be a little obsessive. But how often do people find what really genuinely challenges them in life at this age?"

"I get so much more time to do what I love than most people."

As the saga comes to an end, the publicity-shy Stewart is determined

to savour every moment.
"You get slightly desensitised when you know there's another one coming up, whereas today it genuinely feels like the last day of school."



Kristen Stewart says farewell to her vampire alter ego Bella



Wiggins and his close shave

■ Bradley Wiggins has been through a life-changing year – but success hasn't gone to his head.

OK, that's not strictly true. Success has gone to his cheeks upon which the trademark side burns no longer reside. Where are they,

"Life's changed quite a bit, as you



Know the boat race Bradley but now something's missing

can imagine, and it was just getting a bit much walking around with them so I shaved them off and put a woolly hat on."

So what about all that success? "I've got a good management team who weren't flogging me to death the moment the Olympics were over. So we didn't go on Jonathan Ross, we didn't go on Chatty Man, because it's not what it's ever been about."

Our favourite science-based comedian Dara O'Briain (sorry Robin Ince) will not be heading this way soon. At least not to the temple of comedy. The O2.

Asked if he'd like to play the venue, the self-styled "craic dealer" said: "No I'm alright thanks. You can do quite well without shouting your jokes in a huge hanger.

Saucer of milk for Mr O'Briain.

Tomorrow

... we'll manage our friends

Social networking

Currently, the management of our social network sites - Twitter, Facebook etc - involves the user doing an awful lot of work, such

as managing the community and seeking new things that might be of interest.

The next step is likely to be an automated, smart

system that does the sorting for you, making and breaking connections and filtering out irrelevancies to ensure you're getting maximum value. And you'll have something to blame for culling a friend.

Today App Of The Week



Hotel Toniaht

The idea is pretty simple. This app will endeavour to find you a hotel room tonight. Working on a last-minute booking model, you can get deals on unsold rooms until 2am, with discounts of up to 70%. It's perfectly suited to those unorganised types. or if you find yourself in one of the listed cities with no bed booked. Free on iTunes and Google Play

Yesterday By Wharfinger

The Isle of Dogs is a noticeably windy

A high wall was built on the western side of such sufficient size and width that windmills were sited upon it – hence the

Up to 12 mills were

Millwall

place and, clearly, prone to flooding from the Thames.

Millwall name.

present although seven is the most commonly referenced number - and remembered in the name of the school. The first arrived in 1679 and most survived till the end of the 18th century when steam power took over.



Listmania Room illuminators

The nights are drawing in and the house is aglow – but aglowing with what? We pick out some fun ideas



Lava lamp, £3,380 • 2m high and made to your specifications



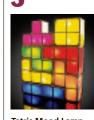
Dual laser projector, £59.95 • Light show with speed settings



Portable Uplighter, £24.99 • 256 colours in handy device



Colour changing bulb. £24.95 • Light effects with controller



Tetris Mood Lamp. £29.99 • Light up the shape shifting

Business



STILL TO COME

Special focus on training and conference facilities Pages 58-59





It all started as an idea at my childhood home

Now we're ready to take on the might of BT says IT entrepreneur

Rob.Virtue

ike all good start-up stories, Ignite Service Provider began life in a bedroom.

That was in the childhood home of its managing director Warren Davies, who last week won *The Wharf*-sponsored business person of the year prize at the Docklands Business Club awards.

Because three years after those humble foundations the IT and telecoms provider has 10 staff and an annual net profit of nearly £100,000.

"I knew from day one the company would be a success," said Warren.

"The recession was in

full swing and customers, although wanting better services, also wanted to reduce costs and that's what we were offering.

"People recommended us to others and we grew."

Within six months of the start-up the company had moved to office space in Loughton, Essex, much to the delight of Warren's mother.

"When I began converting the dining room into a meeting room I realised, for the sake of our relationship, we had to move out," he laughed.

The business, which works with small operations to larger ones such as Tower Hamlets Council, aims to be the number one alternative to BT and is looking to challenge the provider.

Warren, 42, who left his

Warren, 42, who left his job in IT support services to start up Ignite, said: "People are fed up with BT. It has lost focus of looking after clients and it's just about making the shareholders happy. We bring better service at a better price.

"We come in with strong account management and accountability, offering a range of services which suit the business."

Speaking after last Thursday's awards at the Museum of London Docklands on West India Quay, Warren said he wanted the firm to continue its solid growth. He added he was excited about the latest challenges in the industry—which were likely to affect UK firms both large and small.

"The impetus created by a big push from Google and Microsoft is about storing data applications in a cloud environment – so no longer having a server in the office," he said.

"Just like the days of the fax machine moving on to emails, I can see the same happening in communications and IT where servers are moved out to the cloud.

"It will then allow access to infrastructure from anywhere in the world." Go to ignite.co.uk



Warren Davies receives his award from Giles Broadbent, editor of *The Wharf*, which sponsors the prize



DBC chairwoman Janette Withey in deep discussions

WINNERS

A host of awards were won at the Docklands Business Club and East London Chamber of Commerce Awards last Thursday.

Employer Of The Year, sponsored

- Employer Of The Year, sponsored by Agilisys Arch and Barking Enterprise Centre: **Thomas Sinden**
- prise Centre: Thomas Sinden
 Leadership In Customer Focus,
 sponsored by London City Airport:
 Harrow Green
- Excellence In Marketing, sponsored by East London Business Place:
 City Cruises
- Placemaker of the Year, sposored by London Chamber of Commerce: Future MOLDS Communities
- Female Entrepreneur of the Year, sponsored by Centre of Excellence For Women Entrepreneurship: **Heather Martin**, **Halls of Ivy Beauty** Academy
- Business Person of the Year, sponsored by The Wharf: Warren Davies, Ignite Service Provider
- Business of the Year, sponsored by HSBC: Halls of Ivy Beauty Academy



Janette Withey presents retired City Airport chief executive Richard Gooding with certificate to recognise his contribution



BUSINESS training and conference facilities

PROFILE

Catering firm find recipe to match Aloft's aspirations

SQUID & Pear did such a good job catering for Aloft's opening party that they got the job long term.

A year ago the catering firm provided a trendy menu to mark the arrival of Aloft's innovative offering at in east London. Mini homemade pies with mash

Mini homemade pies with mash and liquor, grilled halloumi skewers with gremolata and honey glazed mini chorizos complemented the aim and ideals of the hotel perfectly – matching the geography and the aspiration.

Clients holding events for 50 people or more in Aloft's w xyz bar can choose from Squid & Pear's Aloft Bites menu of bowl food dishes.

And over the course of a busy summer, a special barbecue menu was a hit. Peppered steak skewers, lamb lollipops and mini hotdogs accompanied desserts ranging from mini ice cream cornets to mini candy floss sticks.

Julia Harnischfeger, Aloft London Excel's hotel manager, said: "It's great to work with such a fun and sassy new business whose creativity and individual style fits really well with the Aloft London vibe."



Aloft was established to shake up the traditional hotel sector

Established in March 2011, Squid & Pear is a street food and event catering company based in Putney.

Meanwhile, Aloft's shake-up of what it sees as a staid sector continues with "the tactic space".

The hotel's six tactic rooms are kitted out with 52inch plasma screens, with laptop hook-up and comfy seating and all linked to the re:mix lounge on the ground floor to ensure a bit of pizzazz.

Aloft hotels are geared toward savvy, design-conscious consumers. Go to aloftlondonexcel.com



■ Which was the most jaw-dropping hotel?

There was a suite of rooms in the penthouse of the Caesar's Palace hotel in Las Vegas that you can't rent, they are comped by the hotel to people who are the highest gamblers.

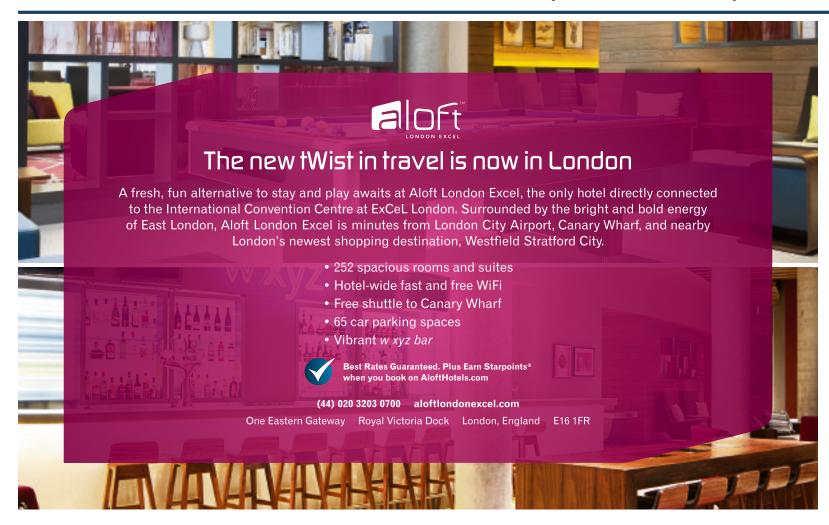
It has a cyber golfing range, it's got Jacuzzis with unbelievable views, private security, private elevators, room service, butlers, masseuses, a grand piano, home cinema and staff quarters for your pilot too.

There's also a 40,000-dollar-a-night penthouse suite at the Four Seasons hotel in New York; they have a waiting list of people trying to get in. These are people who are so wealthy they'll take it for three weeks. It's completely bonkers.



Man who checks the secret service

There are few people better placed to give an overview of the hotel and hospitality industry than actor Richard E Grant. Not only has he travelled extensively but he's also the presenter of Hotel Secrets for Sky Atlantic



■ What was the most outrageous service offered?

There was a concierge at the Mark Hotel in Manhattan who said a Middle Eastern client had asked for a hamburger which he'd had up the road to be delivered to his friend in Jordan the next day.

Jordan the next day.

He put down 5,000 dollars on the concierge's desk and she said, "Yes of course".

So she found out the restaurant, got the chef and the recipe, and emailed it to a hotel in Jordan, made sure it was wrapped in similar paper and delivered.

That sort of initiative is extraordinary.

■ What do you look for in a good hotel?

I've stayed in so many hotels now, I like feeling that you're valued as a customer. David Coulthard said after a while the metres of marble and gold taps becomes less important than when he gets to reception and somebody says, "Mr Coulthard, it's wonderful to see you, please come this way".

■ Have you ever worked in a hotel or restaurant?

I worked in a hotel in my university holidays. I worked in the PR department and had to remove dressing gowns that people had stolen and say, "I'm terribly sorry, Mrs... but you seem to have accidentally packed two bathrobes, four ashtrays and some pens, I'm just going to have to remove them".

■ What's your worst hotel experience?

I stayed in a hotel on the Red Sea which was terrible, the smell was bad, the hotel wasn't finished, the food was a buffet that looked like it had been hanging around for five days and then when I left and went back to Tel Aviv to do some filming, I was strip-searched at the airport with a torch shone up my bum because I only had diving gear with me and they accused me of being a spy.



"I had to remove dressing gowns that people had stolen and say, 'I'm terribly sorry, Mrs... but you seem to have accidentally packed two bathrobes, four ashtrays and some pens'."

I didn't have my passport on me because I'd flown from Tel Aviv to Eilat which is an internal flight. My wife said, "Ah a woman is quite used to having a torch shone up her front bits by a gynaecologist, don't feel so special", so I couldn't even get a brownie point on that one! Richard E Grant's Hotel Secrets is shown on Sky Atlantic and on the Skyao service

PROFILE

Crystal opens green doors on state-of-the-art facilities

THE newest entry on east London's busy conference scene is perhaps its most spectacular.

Siemen's Crystal is a £30million sustainable building, opened recently on the Royal Docks, accessible by the Emirates Air Line as well as the DLR.

The Crystal is three operations in one – an interactive display showcasing sustainable technologies, a hub for Siemen's global team of experts and a state-of-theart conference and meeting facility.

The centrepiece is a 270-seat auditorium with large cinema screen, high quality broadcast facilities and WiFi.

In addition, there are six meeting rooms which can be used separately or combined depending on the size of the group.

For less formal events, The Street is a large, open plan area with direct access to the urban sustainability exhibition.

Prices range from £3,800 (plus VAT) for the auditorium with meeting rooms from £400 (plus VAT). Full catering facilities are also available.



The Crystal is the cornerstone of the regeneration of the docks

■ With business clients as well as residents, the Crystal is proving a hit.

Due to popular demand, The Crystal is introducing Sunday opening throughout December.

The exhibition at The Crystal will be open to the public on December 2, 9 and 16 from IOam to 5pm, while the Café will welcome visitors on Sunday November 25 as well as the December dates between IOam and 5pm.

To book, contact The Crystal at bookings@thecrystal.org.

NEWS IN BRIFF Training & conferences

Quinnel aims to take out tension

CONCIERGE Companies that have clients who visit London, can now join the exclusive concierge club, quinnel.com to ensure a stress-free time.

The club claims access to the city's best hotels, night clubs, entertainment and restaurants. Quinnel can provide visitors with anything from a tour guide and Merc up to a private jet.

Room prices fall

HOTELS This month has seen hotel prices decrease across the UK, falling to the same levels as January 2012. Hotels recorded a drop of 15% from the same period last year, more pronounced in the capital.

Skills on offer

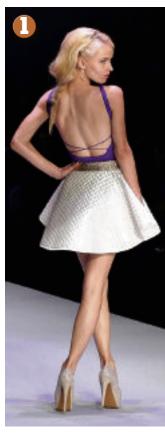
TRAINING Skills London 2012 returns to the Excel on Friday and Saturday with an interactive array of job prospects for 15- to 24-year-olds.

Go to skillslondon2012.co.uk



Images







1

A model presents a creation by Mexican designer Pink Magnolia at the Mercedes-Benz Fashion Week

REUTERS Henry Romero MEXICO

2

Myanmar opposition leader Aung San Suu Kyi scatters rose petals at the memorial to India's first Prime Minister Jawaharlal Nehru in New Delhi

REUTERS Ravi Choudhary INDIA

3

A man walks past trees outside the Forbidden City on a cold, sunny day in Beijing

REUTERS David Gray CHINA



Lakes

Keep your brain ticking over with our selection of coffee break puzzles





AOUARIUS

For more call 0905 817 2070

Your element of air could see you saying things you don't mean to your close ones. Try to think before you speak or you could create a personal rift.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Make sure you are not allowing yourself to be treated with disrespect. It would be far better for you to raise the bar than to risk damaging your self respect.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Watch out for new faces trying to part you and your cash with their smooth talking today. Children cause hiccups in relationships with close ones.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You must try to have faith in yourself, Taurus. There is so much for you to look forward to in the future and by looking forward you'll start to find it.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Mercury, the planet of travel and communication, offers intrigue if you're willing to lay your feelings on the line. I know you're frightened of being hurt.

CANCER

JUNE 22-JULY 23 For more call 0905 817 2063

Travel is on the agenda as you finally get the chance to take some time off and to blow off some muchneeded steam. Definitely better out than in.

JULY 23-AUG 23

For more call 0905 817 2064

Your ruling planet the Sun helps you to look on the brighter side of problems that have got you down. You're working as a team and success is within you.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Life starts to take on a slower pace this week and you start to take in the view instead of feeling as if you're in a race. Time to face financial problems.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Money seems to be the main focus of your attention according to the stars. You're trying to make it spread over all the expenses you have.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Offers you get at this time could well prove hard to resist. Is it because they're good ones or simply that you're gullible? Sleeping on major decisions is best.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You receive some news of someone from your past which could well pull at your heart strings. Don't say things you don't mean, your words are worthless.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Look carefully at all paperwork and forms today. What you fill in or write on them is more important than you realise. Give it all your attention.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 o over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9949. PhonePayPlus regulated. 5P, Pronto Media, PO Box 199, Selby, YOS B19.

Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema.

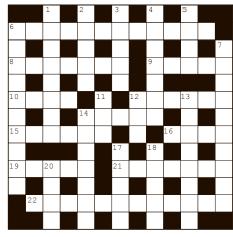
To be in with a chance of winning, just tell us the name of

the American actress who stars in art crime caper Gambit. Email your answer to newsdesk@ wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is November 30,

Include your name and postal tickets will be posted to you.



cineworld



ACROSS

- Private (12) Knitting rods (7)
- Stratum (5)
- Greek letter (4) High-kicking stage
- 12. dance (6)
- Backless sofa (5) Number (6)
- 15.
- Jealousy (4)
- 19.
- Synagogue minister (5)
- 21. Level of
- command (7)
- Steadily improving (2,3,2,3,2)

DOWN

- Confuse or agitate (8) Holy book (5)
- Thick (5)
- 4. European
- language (7)
- Simple (4) Unit of length (10)
- A crisp sweet
- biscuit (6,4) Rubbish holder (3)
- Head covering (3) 13.
- Bring to an end (8) Please greatly (7)
- Thighbone (5)
- Play dishonestly (5) 18. Loud explosion (4)

ACROSS: 6. Confidential; 8. Needles; 9. Layer; 10. Iota; 12. Cancan; 14. Divan; 15. Eleven; 16. Envy; 19. Rabbi; 21. Echelon; 22. On the up and up.

DOWN: 1. Unsettle; 2. Bible; 3. Dense; 4. Italian; 5. Easy; 6. Centimetre; 7. Brandy snap; 11. Bin; 12. Cap; 13. Conclude; 14. Delight; 17. Femur; 18. Cheau; 20. Bang.

8 2 6 1 3 7 6 9 8 2 7 3 5 4 1 8 6 4 9 2 5 9 8 6 3 8 7 1 9 3 2 7 4 1 5

HARD

		8		9	5	3		7	
	1								6
			2				5		
	9	6		5		4		8	2
					6				
	2	3		1		7		5	4
			1				9		
	6								5
		5		6	7	1		2	

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

GUIDE In order to complete

Sudoku, readers should fill in each of the grids so that every column. row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's

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THE FANS'
ROAR

By Ayse Smith



We're now into our stride

ho would have believed after watching the Lions slow start to the season that we would now be boasting a 10-game undefeated run, the second best in the league so far this season.

Sunday we were hosting Leeds. Always a passionate game for both concerned and one that is normally evenly matched.

Millwall were the better of the two teams and missed plenty of opportunities to open the scoring even though Andy Keogh and Chris Woods were linking up well upfront.

Leeds lost any kind of control they may have had on the match when Luke Varney elbowed Adam Smith in the face and was shown a straight red card by the referee.

Although Leeds threw eight men behind the ball to tighten up, it wasn't enough to stop New Zealand international Chris Woods heading Shane Lowry's cross



Danny Shittu: Sterling

Leeds is always a passionate game for both sides

straight into the back of the net in the 85th minute.

Disgruntled Leeds fans tweeted that there were monkey chants aimed at their player El Hadji-Diouf coming from Millwall fans, when in fact it was us chanting "Shittu, Shittu, Shittu" for our captain Danny Shittu who had again put in another sterling

performance. Millwall FC were quick to take this up and Diouf confirmed that nothing of the kind had happened.

It's off to Blackburn on Saturday, which isn't going to be easy as they have their sights set on an immediate return to the top flight. Let's hope our unbeaten run continues.

■ Before the game members of the 4th Regiment of the Royal Military Police unit, based in Tulse Hill, were special guests of the club.

Lions fan Corporal Wayne O'Connor from the regiment had got in touch with the club because a number of his unit are returning to Afghanistan early in 2013.

Before kick off they spent time chatting to fans, and were encouraging supporters to take advantage of the free health check on offer from Prostate Cancer UK. *Ian Toal is away*

Female rugby gets an edge

SPORT in east London now boasts celebrity sparkle with the launch of two rugby fitness sessions led by England rugby star Fee Pocock

England rugby star Fee Pocock.
Fee said: "Scrummies is the perfect session for any women who plays or wants to get into sport, or wants a female specific strength training workout.

"Ruck Up, a more intensive outdoor session, focuses on elements such as agility, power and speed." Scrummies at 6pm, Ruck up at 7.15pm on Mondays. Go to foundryfit.co.uk/class-schedule.

WEEKEND

WITH THE

RACING POST

RACING

At around 10-1, it may be worth chancing your arm with Weird Al in Saturday's Betfair Chase at Haydock. All eyes will be on 2011 Gold Cup winner Long Run. However, he has questions to answer and Weird Al who has a good record fresh, could upset the apple cart. Ed Quigley

FOOTBALL

Stoke are unbeaten at the Britannia since February and can keep up their impressive home record with a victory over mid-table Fulham. Visiting teams are usually assured of a tough match in the Potteries and Fulham's chances are reduced by a lengthy absentee list. Dan Childs

For daily expert advice, top tips and the latest news from our experts go to racingpost.com



Regular club news updates at wharf.co.uk



Whari

SPORT IN BRIEF

Club match reports

Second team put on bravura show

RUGBY Millwall's second team saw off Loughton 21-12 after dominating every scrum against the Essex side.

Prop Rob Ralph's try gave the Isle of Dogs team the lead before Jack Rowland added a second after half-time.

Two last minute tries by Loughton reduced the deficit but the kicking of Millwall's Rowe Griffiths proved the difference on the scoreboard.

Millwall's firsts return to action at Billericay on Saturday.



Tom Bason in action

Poor run of form still taking its toll

RUGBY Blackheath slumped to their sixth defeat in seven matches after a dismal trip to Macclesfield.

A catalogue of errors allowed the Cheshire men to grasp the initiative from the word go, capitalising on Blackheath's poor out-of-hand efforts, infringements under their posts and the sin-binning of Richard Pike.

The visitors gave themselves a lifeline in the latter stages of the match with scrum-half Ben Ibrahim injecting some pace and as penalties were converted the gap was closed to seven points.

But it was too little too late for Blackheath and as more errors crept into their play in the closing stages, Macclesfield secured victory 20 to 13.

Docklands hit pace at key time

VOLLEYBALL London Docklands moved to the top of National League Division One after a solid 3-0 victory over Tendring.

Docklands play Lynx 2 at the weekend but a tastier clash will arrive on December 8 when they play Wessex BU, their rivals for the top spot.

The victory over Tendring suggested that consistency was coming at the right time.

Coach Andy Hopper said: "This was just the first part of our trilogy of big matches before Christmas and we want to carry on this good run for the rest of the year".



Adam Smith is treated for an elbow in the face, for which Luke Varney was sent off. Left, El Hadji Douf in front of Millwall fans

Abuse claim rejected

MILLWALL are caught up in abuse claims again, although no complaint has been received from Sunday's opponents Leeds.

In the heated encounter, Leeds player El Hadji Douf became the Den's focus for derision. More damagingly, as the game was televised, Twitter followers suggested they had heard monkey chants although the claims were unfounded.

Millwall said: "El Hadji-Diouf has spoken to representatives of Millwall and confirmed that he did not receive any racial abuse and had no complaint to make. Millwall are considering potential further courses of action following this damaging accusation."

The Lions Roar / Page 63

Point is fair return against wily Stoke

WEST HAM

Plenty of reasons to cheer – but Carroll remains frustrated

Giles.Broadbent @wharf.co.uk

est Ham endured a predictably tough encounter with Stoke on Monday night and emerged from the fray with a point, and a couple of reasons to cheer.

"Everyone's enjoying what they are seeing at the moment, especially at Upton Park," said Sam Allardyce.

And certainly the point and the performance continues the Irons deserved stay among the elite.

Although the first half was dour and saw a canny goal slip past the team showed determination and flair to turn it around in the second.

And in the opening minutes of the



Andy Carroll, left, and Peter Crouch challenge for an aerial ball

second 45 Joey O'Brien's first goal in the Premier League was cause for celebration.

The Republic of Ireland right back said: "It was very enjoyable because it will probably be another two or three years until it happens again. I think, at the moment, I am averaging one goal a season."

And although Allardyce was ultimately pleased to walk away with a point, O'Brien wanted more.

He said: "We played really well in the second half and dominated it in terms of chances, so it is a little disappointing we did not win the game.

"We were by far the better team and we played some very good football."

The one conundrum that remains unanswered is Andy Carroll. He has yet to score his first goal, occasionally cut a lonely figure upfront and displayed his frustration when the manager took him off the pitch with four minutes to go.

Allardyce said: "Andy wants to score and he wants me to leave him on for 90 minutes.

"He's not to get too frustrated that he's not scored. He didn't get too many chances. Sooner or later if we work on him making runs into the box, and with the service that we give, eventually he'll score."

West Ham meet Spurs on Sunday at 4pm. Their London rivals are one place and two points below them, making for a competitive test.

Arrivals and returns put Addicks on front foot

CHARITON

Rob.Virtue

THE loan of a promising Arsenal star and the return of from injury of striker Yann Kermorgant has boosted the feel-good factor at Charlton this

The Addicks, already buoyed by a run of three successive wins to lift them to 14th position, snapped up sought-after Gunners' midfielder Emmanuel Frimpong on a six-week deal on Monday.

Manager Chris Powell refused to get carried away with the signing of the 20-year-old Ghanaian.

"We've had our eye on him for a while, and with the busy Christmas period to come, I felt it was right to make sure that we are covered," said Powell

The midfielder is likely to be included in the squad for Saturday's home clash with Huddersfield, as well

ACTION IMAGE



Powell: Happy with the win

as the game against Peterborough at The Valley on Tuesday.

The fixtures will see the first return to home soil since the epic 5-4 victory over then league leaders Cardiff, before wins on the road at Bristol City and Burnley followed.

Another possible addition is Brittany-born Kermorgant who played nearly an hour in Charlton reserve's 5-I win over Brentford on Monday.

Kermorgant, who has been out for two months with a broken foot, scored the last goal in the Addicks rout. His young strike partner Adebayo Azeez, who was a recent unused substitute for the first team, impressed in the match at Charlton's New Eltham training ground, scoring a hat-trick.

Meanwhile, on Tuesday Charlton were given an extra 600 tickets for the derby against rivals Millwall at the Den on December 1 after selling the original allocation of 3,000. Charlton v Huddersfield, Saturday, 3pm. Charlton v Peterborough, Tuesday, 7,45pm. Go to cafc.co.uk for tickets.